

L.I.F.E. Learning is ForEver

Spring 2023 Course Offerings



**Online registration available!
See page 4 for details.**

**A Program of the St. Mary's County
Department of Aging & Human Services**

Brought to you by the
Commissioners of St. Mary's County
and the Department of Aging & Human Services

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GENERAL INFORMATION

What is the L.I.F.E. program?

L.I.F.E. (Learning Is ForEver) is committed to providing stimulating educational and enrichment opportunities for individuals aged 50 years and over who share a common dedication to the enjoyment of continued learning for growth and fulfillment. L.I.F.E. committee members determine the curriculum and recruit instructors and facilitators. The program is sponsored by the Commissioners of St. Mary's County through the Department of Aging & Human Services and the Retired Senior Volunteer Program (RSVP).

Who are our teachers?

Based on the concept of peer teaching, a majority of instructors/facilitators are older adults who are willing to share their knowledge, expertise, and experience. Guest speakers and community leaders are periodically invited to speak on subjects of interest.

When, Where, and Who?

Classes are held at various locations around the tri-county area. Our locations and class offerings will expand as our program grows. L.I.F.E. classes are held in the spring and the fall. Programs are available to those aged 50 years and older. Current registration with the Department of Aging & Human Services and a waiver and release form are required for participation.



L.I.F.E. Contact Information

Brandy Tulley, Division of Senior Center Operations Manager
301-475-4200, ext. 5433
Brandy.Tulley@stmaryscountymd.gov

When and how do I register?

There are several methods for registration.

1. ***Preferred Online Method opens Thursday, March 9 at 9 a.m.!***

Visit us online at www.stmaryscountymd.gov/aging. Select “View and Sign Up for Activities and Programs”. Then click “LIFE”. Classes fill quickly and online registration is recommended to ensure the best chance of getting in to the classes you want. If you have never used the senior activity center online registration for programs, it is highly recommended that you create your online account prior to the opening day of registration. See below opportunities for assistance in creating your online account. Don’t have a computer or Internet access at home? Use the Loffler or Northern Senior Activity Centers’ computer labs on the day of registration to register for classes.

2. *Phone-in registration.* Leave a message on the L.I.F.E. message line at 301-475-4200, ext. 5433, **no sooner than March 9 at 9 a.m.** Registrations can not be taken prior to this time. Please note: you will need to leave a voicemail message. Voicemail messages are returned in the order received within 24-48 business hours. Be prepared to pay with Visa or Mastercard. Please be aware that classes may fill at any time.

3. *Walk-in registration.* If you opt to register at one of the senior activity centers, you may do so **after 8 a.m. on Monday, March 13.** Please be aware that classes may be filled by that time.

Need assistance creating an online registration account?

We are here to help. Visit us at one of the locations and times below for assistance creating your account.

Leonardtown Library Computer Lab
Loffler Senior Activity Center
Northern Senior Activity Center

Tuesday, Feb. 28, 11 a.m. - 12 p.m.
Tuesday, March 7, 1-2 p.m.
Thursday, March 2, 10:30-11:30 a.m.

What is the cancellation and refund policy?

If you are unable to attend a class for which you have registered, call 301-475-4200, ext. 5433, to cancel **at least 24 business hours in advance**. A refund will be made **if we can fill your spot**. If the Department of Aging & Human Services cancels a tour/class you, will be notified and refunded.

Activity Levels

Each tour/presentation has been assigned an activity level to aid you in determining if you will be able to enjoy the activity.

Easy-Minimal walking on fairly flat terrain less than one block.

Elevators may be available. Best for participants in good health with overall good mobility.

Moderate-Walking can be over uneven terrain (cobblestones, pavers, grass, etc.) or up/down hills (city blocks or gardens) for up to 30 minutes. Best for participants who are physically fit and have good balance.

Active-Walking can be over uneven terrain (cobblestones, pavers, grass, etc.) or up/down hills (city blocks or garden paths) for an hour or more. Best for participants who are physically fit, lead active lives, and are comfortable with not having a resting place for a period of time.

A Note Regarding Van Transportation

Trips including transportation utilize passenger vans. Vans are not ADA accessible. Participants need to be able to safely enter and exit the vans without assistance.



More Cheese Please, Vaughan Cheese

Enjoy a trip to Vaughan Cheese in North Beach, MD, to explore artisan cheeses. Owners Megan and Tyler met at the Culinary Institute of America. They partner with small farms and artisans who make things by hand the same way for generations. This outing includes a private presentation, Cheese 101, for our group. Learn



about milk, microbes, and cheesemaking and enjoy a cheese tasting. Bring extra funds if you plan to purchase cheese to take home - perhaps for your Easter celebration. Following the presentation, **lunch on your own** at Vaughan Cheese or another site within walking distance.

Tour Limit: 7

Activity Level: Easy

Presenter: Megan Vaughan

Facilitator: Karen Garner

Thursday, March 30

9:15 a.m. - 3:30 p.m.

Van departs from the Garvey Senior Activity Center promptly at

9:15 a.m. Please arrive by 9 a.m. to sign in.

Fee: \$55 (includes van transportation, presentation, tour, and tasting)

What is the Supply Chain?

In the news we all hear that the supply chain caused the empty shelves or a delay in release of a new car or product. Ever wonder what this really means? Come join us for a discussion on what is the supply chain and understand what it all means to us as consumers. Take the journey to follow a product/commodity through the network, the processes involved and steps until it arrives on our shelves.

Presentation Limit: 22

Activity Level: Easy

Presenter: Erica McCants

Facilitator: Judy Mattingly

Tuesday, April 11

2:30 - 3:30 p.m.,

Garvey Senior Activity Center

Fee: \$5

Acupuncture: Get the Facts

Did you know the 2017 American College of Physicians guidelines for low back pain recommend acupuncture as a first and second line of therapy before anti-inflammatories or opioids? Acupuncture is a modality of Traditional Chinese Medicine which has gained popularity for pain management but is also able to treat a wide variety of other health issues. Treatment involves insertion of very thin filiform needles through the skin, at strategic points on the body, in order to restore and balance the flow of energy, called Qi (chee). Increasingly, acupuncture is being used to support overall wellness. Learn more about acupuncture.

Presentation Limit: 22 Activity Level: Easy

Presenter: Dr. Sherry Hamilton

Facilitator: Karen Garner

Friday, April 14

1:30 - 2:30 p.m.

Garvey Senior Activity Center

Fee: \$5

Piney Point Aquaculture Center: How Do Oysters Grow?

The center in Piney Point specializes in oyster production and other services to support oyster habitat restoration projects, aquaculture industry, commercial fishing, and the Maryland Grow Oysters program. Listen to a Department of Natural Resources presentation on how oyster larvae and seed are produced.



Tour the hatchery, view the various tanks, and learn their uses. Take a leisurely stroll along the pier shared with DNR police. Lunch **(not included in cost)** at Ruddy Duck, St. George's Island, following tour.

Tour Limit: 10 Activity Level: Moderate

Facilitator: Karen Garner

Thursday, April 20

9:30 a.m. - 1:30 p.m.

Van departs from the Garvey Senior Activity Center promptly at 9:30 a.m.

Please arrive by 9:15 a.m. to sign in.

Fee: \$10 (includes van transportation, presentation and tour)

Amish & Mennonite Communities Presentation

Are you curious about our local Amish & Mennonite neighbors and want to learn more about how they manage a low-tech existence in our high-tech world? Bettie Broadhurst will share what she has learned through the years about both groups—what they believe in, how they dress, what they do about education, courtship, and death, plus so much more. We are so fortunate to have both Amish and Mennonites in our county. Come enjoy this informative and entertaining talk complete with special stories and a shopping map. Please arrive 15 minutes early to give time to sign in.



Presentation Limit: 30 Activity Level: Easy

Presenter: Bettie Broadhurst

Monday, April 24

9:30 - 11 a.m.

Northern Senior Activity Center

Fee: \$5

Geology of Southern Maryland

From the Atlantic coast on the east to the Appalachian Plateau on the west, Maryland has a diverse geology and landforms. Take a walk back through the far distant past when the climate, geography, and living creatures in this area were quite different from those of today. Follow us through the geologic time of the Miocene, fossils and how the land of Southern Maryland was formed for us to enjoy today!

Presentation Limit: 22 Activity Level: Easy

Presenter: Carol Russell **Facilitator:** Judy Mattingly

Monday, May 1

2-3 p.m.

Garvey Senior Activity Center

Fee: \$5

Spring River Bird Walk Around NAS Patuxent River

Join bird photographer Dean Newman for a morning of avian fun as we view the Spring migration of birds passing through the Naval Air Station to breeding territories further north. At this time of the year, birds are at their most colorful stage and are easiest to see. This outing will have some walking and physical exertion. Bring binoculars as most birds are high in the trees and are difficult to fully appreciate with the naked eye. **Bring a snack and water. A valid, government issued photo ID is required.**

Tour Limit: 9 Activity Level: Moderate

Tour Leader: Dean Newman

Facilitator: Judy Mattingly

Wednesday, May 10

8 a.m. - 1 p.m.

Van departs promptly from the Loffler Senior Activity Center at 8 a.m. Please arrive by 7:45 a.m. to check-in.

Fee: \$10 (includes van transportation)



The Story of Bessie Coleman

Bessie Coleman, First African American/First Native American Woman Pilot, soared across the sky. Known for performing flying tricks, Coleman's nicknames were; "Brave Bessie," "Queen Bess," and "The Only Race Aviatrix in the World." Her goal was to encourage women and African Americans to reach their dreams. Come hear her story and see how she rose to greatness during this presentation given by Susan Youhn.

Tour Limit: 22 Activity Level: Easy

Presenter: Susan Youhn

Facilitator: Bettie Broadhurst

Friday, May 12

10 - 11:30 a.m.

Garvey Senior Activity Center

Fee: \$5



MedStar St. Mary's Hospital

Learn about MedStar St. Mary's Hospital - be informed about available services before you need them! This presentation will highlight the hospital's history, mission, vision, and values. Learn about the organization, inpatient and outpatient service lines, and departments. Learn about the Wound Treatment Center and hyperbaric chamber, and Grace Anne Dorney Pulmonary and Cardiac Rehab Center. After the hospital overview and lunch, take a virtual tour of key service lines, tour key areas depending on activity level, privacy regulations and time available.

Tour Limit: 20 Activity Level: Easy

Presenter: Hospital Administrative Team **Facilitator:** Karen Garner
Tuesday, May 23

11 a.m. - 1 p.m.

Arrive at Hospital Lobby no later than 10:45 a.m. to check-in and be escorted to the conference room.

Transportation is on your own.

Fee: \$20, includes lunch (Bring your own bag lunch if you have food allergies or dietary restrictions.)



Life & Photos of a Nature Photographer

Dean Newman is an internationally-published nature photographer and gifted speaker who loves displaying his images. Come listen as he tells the stories behind his photographs, how they are made and the ways wildlife, fellow photographers, and editors interact with them.

Tour Limit: 18 Activity Level: Easy

Presenter: Dean Newman
Wednesday, July 12

2-3:30 p.m.

Loffler Senior Activity Center

Fee: \$5

Facilitator: Brandy Tulley



RSVP Supports the L.I.F.E. Program

The L.I.F.E. program is made possible with the help of volunteers with RSVP, the Retired and Senior Volunteer Program (RSVP) of St. Mary's County.

Call Monika Williams, RSVP Project Manager, for more information on volunteer opportunities at 301-475-4200, ext. 1653.

